

DROP-IN

Aqua Fitness Schedule

Effective Date: January 2-March 31

Maple Ridge Leisure Centre
11925 Haney Place

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water 7:15 AM-8 AM	Aqua Fit 8 AM-9 AM	Aqua Fit 9 AM-10 AM	Aqua Fit 8 AM-9 AM	Aqua Fit 9 AM-10 AM	Aqua Fit 8 AM-9 AM	
	Water Wellness 10:30 AM-11:15 AM	Baby & Me Aqua Fit 11 AM-11:45 AM			Water Wellness 10:30 AM-11:15 AM	
		Aqua Fit 11:45 AM-12:45 PM	Aqua Fit 12 PM-12:45 PM	Aqua Fit 11:45 AM-12:45 PM		
<div>There is no Aqua Zumba class on Monday, January 5.</div> <div>Thank you for understanding.</div>	Aqua Zumba 7:05 PM-7:55 PM		Aqua Fit 7:05 PM-7:55 PM	Deep Water 7:05 PM-7:55 PM		

MapleRidge.ca/DropInSchedules

Schedules are subject to
change without notice



Maple Ridge



Aqua Fitness Descriptions

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Aqua Fit

Aqua Fit is a low-impact, high-energy workout performed in the water. It combines cardio, strength and flexibility exercises. Aqua Fit is great for all fitness levels. It is gentle on the joints while providing a full-body workout!

Water Wellness

A refreshing workout that combines low-impact exercises with resistance training. Enhance your strength, flexibility and cardiovascular health in a supportive and buoyant environment. Perfect for all fitness levels looking for a fun, effective exercise option!

Deep Water

Dive in for an intense, low-impact workout in deep water. Using belts for maximum resistance, this class builds strength and endurance while reducing joint strain. Ideal for Fitness enthusiasts seeking a challenging and invigorating exercise experience!

Baby & Me Aqua Fit

Designed for parents or caregivers to get a full-body workout while bonding with their baby. The focus is on improving strength, endurance and flexibility through fun, safe movements in the water. Babies stay engaged with gentle motion and interaction, making it a unique and joyful experience for both.